

**BABEL (Better Targeting, Better Outcomes for Frail Elderly) Advance Care Planning Intervention**  
**Pamphlet – Introduction to Advance Care Planning Pamphlet for Nursing Home Residents  
and Substitute Decision-Makers**

This pamphlet was designed as part of the BABEL Advance Care Planning project for nursing homes. Meant to be printed out and freely distributed to clients, it is a brief, general introduction to advance care planning.

The pamphlet has six panels. On the next two pages they are displayed in natural reading order, from page 1 to 6. The final two pages presents them in order such that if you print it out in 2-sided mode, with the flip made on the short edge, it can then be folded into a front-and-back trifold, as shown here:



# Getting what you want from the care we provide



## Advance Care Planning

1



**Advance Care Planning** is about sharing your personal values, goals, and preferences about health care with your loved ones. It is about having conversations about the types of medical care you would want to receive and the types you do not want to receive. Telling others what is important to you will help them understand what you want. Advance care planning is a process that involves a mentally capable person. It is important that others know your wishes if you become unable to speak for yourself.

### Ask yourself, what...

Brings quality to your life?  
What is important to you?

**You Should Always  
Have A Say**

2

### Who will speak on your behalf if you can't?

There may come a time when you can't speak for yourself. A Substitute Decision Maker is someone that you choose who can speak for you if needed.

### A Substitute Decision Maker is someone who...

- You trust and can provide consent for your treatment if needed
- Understands and will respect your wishes
- Is available and willing to speak on your behalf

### Figuring out what you want

To make the best choices, you need to understand your own medical situation, the medical choices you have, and what to expect. With the support of your loved ones, you can express your wishes about medical options you want, and which ones you don't want.

### Talk to your:

- Substitute Decision Maker
- Family and close friends
- Health care provider

### Write your wishes down.



### Ask your health care provider:

- About your health conditions
- What to expect as your condition worsens
- What kind of problems you should be prepared for
- What type of treatment is common for these problems
- What to expect AFTER these treatments

3

4

## Planning for the Future

You have the right to know...

- What treatments and procedures are available
- The benefits, risks, and side effects of treatment
- What will happen if you decide to not have a treatment

You Can Always Change Your Mind



We will ask your permission to provide any treatment. **Your goals** matter most and we will support your choices.

If you can't speak for yourself, we will talk to your Substitute Decision Maker. Remember that the job of the Substitute Decision Maker is to help us understand YOUR wishes — **not** what they want.

For more information, please visit:  
<http://www.advancecareplanning.ca/making-your-plan/>

**BABEL**  
Advance Care Planning Project



Canadian  
Frailty  
Network

Réseau canadien  
des soins aux  
personnes fragilisées

Known previously as Technology Evaluation in the Elderly Network, TVEN

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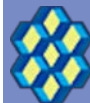


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you want  
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Advance Care  
Planning





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